

Historic, archived document

Do not assume content reflects current
scientific knowledge, policies, or practices.

HOUSEKEEPERS' CHAT

★ MAY 26 1933 ★
Wednesday, June 7, 1933.
U. S. Department of Agriculture

(FOR BROADCAST USE ONLY)

Subject: "Fruit Ices and Sherbets for Hot Weather." Information from the Bureau of Home Economics, U.S.D.A.

---ooOoo---

If you know anything that goes to the spot better than a frozen dessert on a hot summer day, you know more than I do. Ice cream has become one of our most popular desserts, if not the most popular. Certainly it ties for first place with pie in the hearts--or rather, the appetites--of our countrymen. Not only ice cream proper but many of the other delicious frozen desserts are favorites nowadays--mousses and parfaits, fruit ices and sherbets. You can make any of these at home in your ice cream freezer. You don't even need a freezer for making mousses and parfaits for they belong to the class of creams that are whipped before freezing and then frozen either in a mechanical refrigerator or packed in ice and salt.

Frozen desserts are easy to make if you have good recipes and if you learn a few tricks about the process. Some day soon we'll talk about making the various kinds of ice cream at home. But today let's concentrate on ices and sherbets. These are delicious, cooling and inexpensive fruit desserts, especially welcome in summer. They're also wholesome desserts--good for any age around the table. They deserve praise not only as desserts for hot-weather meals but also as refreshments for hot-weather parties. These colorful, refreshing, light, fruit treats usually suit your summer guests better than rich hearty food. And they're usually much easier on the pocketbook of the hostess.

What's the difference between fruit ices and sherbets? Fruit ice is simply a mixture of fruit juice, sweetening and water, frozen in a freezer with a dasher. For sherbet, you add egg white, gelatine, cream or milk to the fruit-ice foundation. So, you can turn any fruit ice into a sherbet simply by adding these extra ingredients.

Many housekeepers ask about making fruit ices or sherbets in the trays of their mechanical refrigerators. The specialists shake their heads and say it doesn't work. Such thin mixtures won't freeze to a smooth texture without stirring. They are likely to freeze solid like water or at least to form very large crystals. So use the good old method of freezing while the crank turns for all ices and sherbets. You see, in freezing with a dasher, the knife edge cuts off the crystals as they form while the whipping portion of the dasher beats in air. The air gets in between particles of water and helps prevent the formation of large crystals.

Now a few special points for success in making these frozen fruit desserts. First, cool the mixture before you put it in the freezer. This cuts down the freezing period and makes a better product. Second, never fill the can more than two-thirds full of the mixture to be frozen. Third, use only coarse salt

for freezing, never table salt. Fourth, crush the ice as evenly as possible. Fifth, use one part salt to four to six parts of ice. Sixth, fill the freezer about two-thirds full if ice before you add any salt. Then add the salt and ice in alternate layers. Seventh, turn the crank very slowly until the mixture begins to pull slightly or turn hard. Then increase the speed to whip the mixture. Eighth, freeze the mixture until stiff enough to serve. Then remove the dasher, pack the freezer with more ice and salt, and let the ice stand for an hour or more to ripen.

By the way, some people think that fruit ices are smoother if the sweetening is syrup instead of sugar. Some housekeepers use their own strained honey. Others use corn syrup or maple syrup.

Now let me tell you about one of the most delicious fruit ices I know of. It is called fresh fruit ice, and you can make it with any of the juicy fruits from your garden or orchard. You can use strawberries, raspberries, blackberries, cherries or any other juicy fruits that you have on hand. Strawberries and raspberries make ice of a most attractive red color. Here's the recipe for this fruit ice. Just five ingredients:

2 and 1/2 quarts of fruit
1 cup of water
1 and 1/4 to 1 and 1/2 cups of sugar
4 tablespoons of strained lemon juice, and
1/4 teaspoon of salt.

Once more. (Repeat.)

Crush the fruit. Heat with the water for about two minutes and stir and press so that the juice runs freely. Strain through several thicknesses of cheesecloth. You should then have nearly five cups of the fruit juice. Now to this juice add the sugar, lemon juice and a bit of salt--to bring out flavor. Stir until the sugar dissolves. Use a freezing mixture of 1 part salt to 4 to 6 parts of ice. Turn the crank of the freezer slowly. After freezing, remove the dasher. Pack the freezer with more ice and salt. And let the ice stand for an hour or more to ripen.

That good recipe calls for a summer menu to go with it. Here's the menu: Baked fish; Baked peppers stuffed with well seasoned rice; Buttered tender beets; and for dessert, Fresh fruit ice. Once more, (Repeat.)

Tomorrow: More ideas about making the old hat new.

